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EDUCATION

Post-Doctoral Fellowship	1991- 1994	Washington University School of Medicine
Ph.D	1991	University of Pittsburgh, Pittsburgh, PA
M.P.H.	1990	University of Pittsburgh, Pittsburgh, PA
M.S.	1986	University of Pittsburgh, Pittsburgh, PA
B.S.	1982	University of Athens, Athens Greece

PROFESSIONAL EXPERIENCE

2007_present. Professor, College of Medicine, University of Central Florida (secondary Academic Appointment)

2006-Present. Associate Editor, American Journal of Lifestyle Medicine

2005-present. Research Director, Center for Lifestyle Medicine, University of Central Florida

2005-present. Professor-Tenured, University of Central Florida, Department of Health Professions, College of Health and Public Affairs (Primary Academic Appointment)

2002-present. Director of Clinical Research. Rippe Lifestyle Institute. Florida Hospital. Celebration Florida

2001- 2005: Professor-tenured and Director Exercise Physiology Program Area, University of Central Florida, Department of Family, Child and Community Sciences, College of Education.

1999- 2005: Director Exercise Physiology Laboratory. University of Central Florida, Department of Family, Child and Community Sciences, College of Education.

2000-2004: Adjunct Faculty. University of Central Florida. Department of Health Sciences Programs Athletic Training and Physical Therapy, College of Health and Public Affairs.

1998- 2001: Associate Professor-tenured and Director Exercise Physiology Program Area, University of Central Florida, Department of Human Services and Wellness, College of Education.

1997-1998: Associate Professor-tenured. The University of Southern Mississippi, Laboratory of Applied Physiology, School of Human Performance and Recreation, College of Health and Human Sciences.

1994-1997: Assistant Professor and Director. The University of Southern Mississippi, Laboratory of Applied Physiology, School of Human Performance and Recreation, College of Health and Human Sciences.

Publications 2002-2007

Melanson KJ, Angelopoulos TJ, Nguyen V, Zukley L, Lowndes J, Rippe JM . High fructose corn syrup, energy intake, and appetite regulation. **Am J Clin. Nutrition. In Press**

Angelopoulos TJ. , Zoeller RF., Sivo SA., Kyriazis GA., Caplan JD, Thompson PD. Do age and Baseline LDL Cholesterol Levels Determine the Effect of Regular Exercise on Plasma Lipoprotein Cholesterol Regular and Apolipoprotein B Levels? **European Journal of Applied Physiology 101(5):621-8, 2007**

Uthurralt J, Dressman-Gordish H, Bradbury M, Tesi-Rocha C, Devaney K, Harmon B, Reeves EK Brandoli C, Hansen BC, Seip RL, Thompson PD, Proce TB, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Gordon PM, Hoffman EP. PPAR α L162V underlies variation in serum triglycerides and subcutaneous fat volume in young males. **BMC Med Genet 16;8(1) :55, 2007**

Kostek M, Price TB, Seip RL, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PV, Zoeller RF, Gordish-Dressman H, Bilbie S, Thompson PD, Hoffman EP, Pescatello LS, Subcutaneous fat alterations resulting from an upper body resistance training program. **MSSE 39(7):1177-1185, 2007**

Zoeller RF, Ryan ED, Gordish-Dressman H, Price TB, Seip RL, Angelopoulos TJ, Moyna NM, Gordon PM, Thompson PD, Hoffman EP. Allometric Scaling of Biceps Strength before and after resistance training in men. **MSSE . 39(6) 1013-1019, 2007**

Pescatello LS, Kelsey BK, Price TB, Seip RL, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PV, Zoeller RF, Gordish-Dressman H, Bilbie S, Thompson PD, Hoffman EP. The Muscle Strength and Size Response to Upper Arm, Unilateral Resistance Training Among Adults Who Are Overweight and Obese **J Strength and Cond Res, 1:21(2) 307-313, 2007**

Kyriazis G, Lowndes J, Carpenter R, Sivo S, Dennis K, Angelopoulos TJ. Exercise-induced energy deficit and leptin, insulin and ghrelin responses in obese males. **Clinical Journal of Sports Medicine 17(1):49-51, 2007**

Pistilli EE, Gordish-Dressman H, Seip RL, Hoffman EP, Devaney JM, Thompson PD, Price TB, Angelopoulos TJ, Clarkson PM, Moyna NM, Pescatello LS, Visich PV, Zoeller RF, Gordon PM. Resistin Polymorphisms Associated With Muscle, Bone, and Fat Phenotypes. **Obesity. 15(2) 392-402, 2007**

Melanson KJ., Angelopoulos TJ, Zukley LM, Lowndes J, Rippe JM. Effects of High-Fructose Corn Syrup and Sucrose Consumption on Circulating Glucose, Insulin, Leptin, and Ghrelin and on Appetite in Normal-Weight Women. **Nutrition, 23(2) 103-112, 2007**

Carpenter MR, Carpenter RL, Peel J, Zukley LM, Angelopoulou MS, Fischer I, Angelopoulos TJ, Rippe JM. The reliability of isokinetic and isometric leg strength measure among individuals with symptoms of mild osteoarthritis. **J Sports Med Phys Fitness.46(4):585-589,2006**

Seip R , Otvos J, , Bilbie C, Tongalis G, Miles M, Zoeller R, Visich P, Gordon P, Angelopoulos TJ,

Pescatello L, Bausserman L, , Moyna N., Thompson PD. The effect of apolipoprotein E genotype and exercise training on serum lipid particle size. *Atherosclerosis* **188(1)** 26:33, 2006

Melanson KJ, Angelopoulos TJ, Nguyen VT, Zukley L, Lowndes J, Dube TJ, Fiutem JJ, Yount BW, Rippe JM. Consumption of Whole Grain Cereals During Weight Loss: Effects on Dietary Quality. *Journal of American Dietetic Association*, **106(9)** 1380-8, 2006

Pescatello LS, Kostek MK, Thompson PD, Seip RL, Price TB, Gordish-Dressman H, Angelopoulos TJ, Clarkson PM, Gordon PM, Moyna NM, Visich PV, Zoeller RF, Devaney JM, Bilbie S, , Hoffman EP. ACE ID Genotype and Muscle Strength and Size Response to Unilateral Resistance Training. *Med.Sci.Sports.Exerc.* **38(6)**1074-1081,2006

Ruano G, Seip RL, Zollner S, Tsongalis GJ, Ordovas J, Bilbie C, Zoeller R, Visich P, Gordon P, Angelopoulos TJ, Pescatello L, Moyna N, Thompson PD. Apolipoprotein A1 Genotype Affects the Change in High Density Lipoprotein Cholesterol Subfractions with Exercise Training. *Atherosclerosis.* **185(1)**65-69, 2006

Thompson PD, Tsongalis GT, Ordovas J, Seip RL, Bilbie C, Miles M, Zoeller RF, Visich P, Gordon P, Angelopoulos TJ, Pescatello L, Moyna N. ACE Genotype and Adherence to Aerobic Exercise Training. *Preventive Cardiology* **9(1)**:21-24, 2006

Clarkson PM , Devaney JM, Gordish-Dressman H, Thompson PD, Hubal MJ, Urso M, , Price TB Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, . Hoffman EP, ACTN3 Genotype is Associated with Baseline Strength and Increases in Muscle Strength in Response to Resistance Training in Women *J. Appl. Physiol.* **99**:154-163 2005

Whitehead MT, Boyd JC, Magal M, Eschbach. CL, Angelopoulos TJ, Zoeller RF. Relation between post-exercise blood lactate clearance and submaximal blood lactate accumulation and performance in trained cyclists. *Research Quarterly.* **76(2)**238-242, 2005

Hubal MJ, Gordish-Dressman H, Price TB, Thompson PD, Hoffman EP, Angelopoulos TJ, Gordon PM, Moyna NM, Pescatello LS, Visich PS, Zoeller RF, Seip RL, Clarkson PM Variability in Muscle Size and Strength Gain Following Unilateral Resistance Training *MSSE Vol* **37(6)** 964-972, 2005

Melanson KJ, Dell'Olio J, Carpenter MR, Angelopoulos TJ. Changes in multiple health outcomes at 12 and 24 weeks, resulting from 12 weeks of exercise counseling with or without dietary counseling in obese adults. *Nutrition.* Vol **20(10)** 849-856, 2004

Denton JC, Lewis RM, Jamurtas T, Angelopoulos TJ. Effects of short-term training on glucose tolerance in centrally obese male individuals. *Preventive Medicine Volume* **38(6)** 885-888, 2004

Thompson PD, Moyna N, Seip RL, Thomas Price T, Clarkson P, Angelopoulos TJ, Gordon P, Pescatello L, Visich P, Zoeller RF, Joseph M. Devaney JM, Gordish H, and Hoffman EP. Functional SNPs Associated With Human Muscle Size and Strength (FAMuSS). *Medicine and Science in Sports and Exercise.* Volume **36**, 2004

Thompson PD, Tongalis G, Seip R Meckes C, Miles M, Zoeller R, Visich P, Gordon P, Angelopoulos TJ, Pescatello L, Bausserman L, , Moyna N. Apolipoprotein E genotype and changes in serum lipids and maximal oxygen uptake with exercise training. *Metabolism.* Volume **53(2)**: 193-202, 2004

Brubaker C, Witta L, Angelopoulos TJ. Quality of life and exercise tolerance are maintained with

long-term participation in a hospital based wellness program for individuals with CHF. **Journal of Cardiopulmonary Rehabilitation**, 239(5) 352-356, 2003

Brubaker C, Witta EL, Angelopoulos TJ. Comparison of changes in quality of life between congestive heart failure and coronary artery bypass Graft patients following a hospital based cardiac rehabilitation program. **Journal of Exercise Physiology**, 6(1) 18-23 2003.

Angelopoulos TJ, Schultz MR, Denton JC, Jamurtas A., Significant enhancements in glucose tolerance and insulin action in centrally obese subjects following ten days of exercise. **Clinical Journal of Sports Medicine**. Volume 12 (2): 113-118, 2002

BOOK CHAPTERS

Theodore J. Angelopoulos, Joshua Lowndes “Electrocardiography” in ACSM clinical workbook. Lippincot Williams and Wilkins, In Press 2008.

Theodore J. Angelopoulos. ApoE genotype. Potential Implications for Health, Nutrition and Fitness. Krager, 2007

Theodore J. Angelopoulos. “Obesity and Lipoproteins” in Lipid Metabolism and Health, Moffatt R, Stamford B editors CRC Press, November 2005

Theodore J. Angelopoulos, Lahue Dianne, Tung Robert. “Electrocardiography” in ACSM clinical workbook. Lippincot Williams and Wilkins, 2004..

Theodore J. Angelopoulos. “Electrocardiography” in ACSM clinical workbook. Lippincot Williams and Wilkins, 2001.

RESEARCH GRANTS

Consulting Services in Research and Clinical Applications. Rippe Health assessment and Rippe Lifestyle Institute \$ 200,500.00, 2002-2008Funded **Role : PI**

Home vs Center-Based weight loss & exercise in Menopause . **NIH 1 R01 NR#07738 Funded**
\$ 2,257,642.00, 2003-2008 **Role: Co-PI** (PI : K.Dennis)

Functional SNP's associated with human muscle size and strength. **NIH R01 AR # 46552-01 \$365,000.00**
2001-2005 Funded **Role: PI at UCF Multi-Center Trial .**

Apo B kinetics pre and post training in elderly adults. **NIH 1 R15 AG #13767-01A1**
Funded \$108,750.00, 1998-2001. **Role: PI**

A Double-Blind, Randomized, Parallel, Efficacy Study Evaluating Losartan Potassium Alone or in Combination with Hydrochlorothiazide versus Placebo in Obese Patients with Elevated Systolic and Diastolic Blood Pressure. **Funded: Novartis Role: -Co-PI** [PI: James Rippe]

EDITORIAL

Associate Editor: American Journal of Lifestyle Medicine

Review Board: The Journal of Applied Research in Clinical Experimental Therapeutics

Reviewer

Journal of Applied Physiology

Nutrition and Metabolism

American Journal of Clinical Nutrition

Medicine and Science in Sports and Exercise

International Journal of Sports Medicine

Diabetes